

DR JOSEPH CILONA THERAPY + COACHING

Dr. Cilona is a clinical psychologist, personal coach and author. His innovative philosophy and progressive style empower some of today's most successful and distinguished New Yorkers. Dr. Cilona specializes in working with high profile and accomplished creative artists, entertainers and professionals in many fields including film, theater, television, fashion, music, production, law, advertising, marketing and journalism.

Dr. Cilona's expert advice and commentary has appeared in *The Wall Street Journal*, *New York Daily News*, *Newsweek*, *The Boston Globe*, *The Philadelphia Inquirer*, *Men's Health*, *Health Magazine*, *Cosmopolitan*, *Therapy Times*, and on the web for MSNBC, MSN Health and Fitness, Yahoo!, AOL Online, E! Online and SmartMoney.com, among others.

As an author, Dr. Cilona developed inventive psychotherapeutic techniques by integrating the messages of Kahlil Gibran's 1923 classic book "The Prophet" into therapy. His own book "The Path: Life Explained in 100 Pages" is based on that work, and features favorite text quotes chosen by diverse notables such as Former President Jimmy Carter, Her Majesty Queen Noor of Jordan, Dr. Jack Kevorkian and Naomi Campbell.

His formal education and training include a doctorate in clinical psychology from Argosy University in Chicago and an additional graduate degree in medical science from Boston University. With this background, Dr. Cilona provides unique and holistic insight stemming from both psychological and biomedical perspectives. He has extensive experience working in diverse settings as a clinician, consultant and program developer.

Dr. Cilona's work as a clinical psychologist included psycho-diagnostic and assessment training with the prestigious Isaac Ray Center, which has handled such high-profile cases as John Hinckley after his attempted assassination of former President Reagan.

In addition to his work with private clients, Dr. Cilona continues to devote significant professional time to working in the public health system, as he has throughout his career. In that arena, his work directly serves underprivileged youth, individuals and families, as well as the chronically mentally ill. He was active for six years with the Chicago Department of Public Health, and most recently, worked with the NYC Administration for Children's Services and the New York City Mission Society to develop and implement a pilot program for high-risk inner-city teens and their families in Harlem.

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